



## Language and Learning Clinic's Caregiver Workshop Series

### *Dealing with Sleep Issues*

*Is your child having trouble falling asleep at night?  
Is it keeping you up at night?*

#### **About the workshop**

This workshop was created for parents and caregivers of individuals diagnosed with autism spectrum disorder and other developmental disabilities who have difficulty with sleeping. The informational workshop will cover several common sleep issues, Do's and Don'ts for bedtime, and suggestions for how to keep your child in bed all night. This workshop is appropriate for parents or caregivers who are struggling with night time routines, night waking, and want to get a good night's sleep!

#### **Upcoming dates**

Tuesday, February 28, 2017: 5:30 to 7:30 p.m.

Thursday, September 28, 2017: 9:00 to 11:00 a.m.

#### **Registration**

The cost is \$10 for this informational session and registration is required to attend. Please register two weeks in advance by contacting Michelle Denney at **404-785-9437** or **Michelle.Denney@choa.org**.

